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LS-A-DAY SERIES

SALADS

FOR

BREAKFAST,
DINNER, SUPPER

BESSIE R. MURPHY

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THREE-MEALS-A-DAY SERIES

SALADS AND SALAD DRESSINGS

Compiled and Edited By

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Dedicated to
SOMEBODY SOMEWHERE
To be used by
EVERYBODY EVERYWHERE

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Oh, herbaceous treat!
'Twould tempt the dying anchorite to eat;
Back to the world he'd turn his fleeting soul,
And plunge his fingers in the salad bowl;
Serenely full the epicure would say,
"Fate cannot harm me,—I have dined to-day."

—SYDNEY SMITH "A Receipt for a Salad"

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THE INTRODUCTION

This little series of books is a collection of tested and economical recipes for everyday foods that are obtainable everywhere and, with the exception of salads, are suitable for any of the three meals of the day. The recipes are written in plain, everyday terms. They are not all original—the authors of many of them are unknown. They form just a little series of everyday books for everybody from everywhere.

The war has given every homemaker an opportunity to realize the difference between the *use* and the *abuse* of foods. For years we have wasted much of the bountiful supply of food produced by our country. Let us then not go backward, but let us go forward, bending every energy to make lasting the benefit in health and economy gained from a diet that not only eliminates extravagance and waste in buying and serving, but also affords greater variety.

A WORD ABOUT OIL FOR SALADS

Since the beginning of the war the price of olive oil has tripled, and the housekeeper finds it far too expensive to use generally for salad dressings. However, there are substitutes now on the market that are very satisfactory, and certainly far superior to the poorer grades of olive oil.

Of these substitutes the best are made from cottonseed and from corn. Among those which have proved palatable are the Oriole, a cottonseed oil, and the Mazola, Wesson, and Douglas brands, corn oils.

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The substitutes for olive oil give better results, perhaps, with mayonnaise and cooked dressings than with French dressing.

MEASUREMENTS

All measurements should be accurate to insure success.
A standard measuring cup is equal to ½ pint.
All measures are leveled.
For ½ spoon divide with knife lengthwise.
For ¼ spoon divide with knife crosswise.
For ⅛ spoon divide with knife crosswise.

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SALADS AND SALAD DRESSINGS

ORIGIN, FOOD VALUE, AND USE

Origin. Few of the foods we enjoy to-day are really new. We speak of salads as if they were of recent origin and belonged to the menus of to-day, and we are much surprised when we learn that over a million dollars was spent on salads alone to feed the workmen who built the Pyramids. As far back as the Passover the early Jews served lettuce and dandelions combined with oil and vinegar. An ancient law of the Romans compelled the use of salads with meats.

Food value. A salad is more or less nourishing according to the ingredients used in it. Even salads which have little food value are of benefit, because they are wholesome, refreshing, and appetizing.

The green vegetable salads contain mineral salts, while the butter, oil, cream, and eggs used in the dressings give a high heat and energy value.

The salad served with a dinner of several courses should be made of vegetables or fruits and mixed with a French dressing. When the salad forms a main dish for a luncheon or supper it may be made of various combinations of meat, vegetables, etc., with a mayonnaise, cooked, or cream dressing.

Salad plants. Lettuce belongs to the dandelion family, and was first cultivated on the islands of the Mediterranean Sea. It was introduced into England in 1520.

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Water cress belongs to the mustard family, and grows wild along the banks of small streams.

Celery is a native of Europe.

The chive is a hardy plant which grows wild in Europe.

The cucumber was introduced into England in the seventeenth century. It has been known for thousands of years, and is mentioned in the Old Testament.

Endive belongs to the dandelion family, is a native of China and Japan, and was introduced into Europe in the sixteenth century.

Preparation of salads. In buying lettuce, select round, close heads. The curly variety is tougher than the uncurled. Much dirt gets into lettuce, owing to its growing so near the ground, and great care should be taken in preparing it for the table. Separate the leaves and wash them through several waters, discarding all wilted outer leaves. Leave the lettuce in cold water until it is crisp, then drain it in a wire basket, and place it on or near ice until it is ready to serve.

Careful attention should be paid to the washing of water cress, as non-edibles are often gathered with it. If a little salt is added to the washing water, the many little insects clinging to the cress may be removed easily.

All green salads should be chilled before they are served. Leaves that are too large should be broken, never cut. The dressing for a green salad should never be added until just before the salad is served, as it softens the leaves and spoils both the appearance and the taste of the salad.

Fruits for salads should be washed, freed of skin and seeds, and kept in a cool place. Vegetables for salads should be diced or cut into small pieces of uniform shape. Meats for salads should be freed from gristle and skin and cut into

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small cubes. Fish should be boned and flaked. Nuts should be cut, not chopped.

What to serve with salads. Salads made from vegetables should always be accompanied by crackers or bread in some form. If plain crackers are used, they should be warmed just before they are served. Cheese straws or cream-cheese sandwiches are excellent with salads.

Cheese Straws

Cheese Pastry dough

Roll left-over pastry dough thin, and sprinkle it with grated cheese. Fold, and repeat process several times. Sprinkle cheese on top, cut into strips, and bake in a moderate oven.

Cream-Cheese Sandwiches

Cut Boston brown bread very thin, and spread slices with cream cheese, thinned if necessary with a little cream. This may be served with an apple salad.

How to serve salads. A salad may be served on individual plates, may be served in a bowl, or may be molded and served on a platter.

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SALAD DRESSINGS

UNCOOKED DRESSINGS

An old Spanish proverb says that to make a good salad four people are needed: "A counselor for salt, a miser for vinegar, a spendthrift for oil, and a madman to stir it up."

Skill, deftness, and judgment are required in making a good salad dressing, which must not be oily or acid, but well blended, appetizing in taste, and attractive in appearance. When salads are dressed at the table, mix the oil with the seasoning, pour it over the salad material, and toss until every part is well coated. Then add lemon juice or vinegar and toss again. If the vinegar or lemon is poured on first, the oil will not cling.

French Dressing

The general rule for French dressing calls for twice as much oil as vinegar.

4 tablespoons olive oil
2 tablespoons vinegar
½ teaspoon salt
¼ teaspoon pepper

Put salt and pepper in bowl, add a little oil and stir well, then gradually pour in the remainder of the oil, stirring all the while. Add the vinegar little by little, beating briskly. If this dressing is allowed to stand, it should be stirred again before being added to the salad.

Club Dressing

To ½ cup French dressing add ¼ cup chili sauce, 1 teaspoon Worcestershire sauce, and 1 teaspoon onion juice.

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Olive Dressing

To ½ cup French dressing add ½ grated onion and 5 ripe olives finely cut.

Roquefort Cheese Dressing

Make a French dressing by the recipe given on page 4. Break ¼ pound of Roquefort cheese into coarse crumbs, and stir it into the dressing.

Cheese Dressing

To ¼ cup French dressing add enough cream cheese to make a dressing the consistency of soft mayonnaise.

Frisco French Dressing

¼ teaspoon mustard
1 egg
1 cup olive oil
1¼ cups vinegar
½ tablespoon sugar
½ teaspoon salt
½ teaspoon Lea and Perrin's sauce
¾ tablespoon paprika

Beat mustard and egg well, and add a few drops of oil, a little vinegar, and the paprika and sugar. Continue to beat, while adding the remainder of the olive oil a little at a time. When a thick paste has been formed, thin it with vinegar, and add the salt and the Lea and Perrin's sauce.

Parisian French Dressing

¼ cup olive oil
2½ tablespoons vinegar
¼ teaspoon powdered sugar
½ tablespoon finely chopped onion
1 tablespoon chopped parsley
2 red peppers, 4 green peppers } small kind found in pepper sauce
½ teaspoon salt

Mix the ingredients in the order given. Let the dressing stand 1 hour, then stir it well for 5 minutes.

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Chiffonade Dressing

½ cup oil
2 tablespoons vinegar
1 tablespoon tarragon vinegar
1 tablespoon chopped green pepper
1 tablespoon chopped red pepper
1 tablespoon chopped chives (may be omitted)
1 teaspoon salt
¼ teaspoon paprika
⅛ teaspoon pepper

Combine the ingredients in the order given, and mix thoroughly.

Dixie Dressing

Yolks of 2 hard-boiled eggs
2 tablespoons oil
2 tablespoons vinegar
¼ tablespoon sugar
¼ teaspoon mustard
¼ teaspoon salt
White of 1 egg
Pepper

Force the yolks of the eggs through a sieve, and work them until they are smooth. Add sugar, mustard, salt, and pepper, and when these are blended, add gradually the oil and vinegar, beating the mixture until the ingredients are thoroughly blended. Fold in slowly the stiffly beaten white of egg.

Mayonnaise Dressing

1 teaspoon salt
Pepper
Yolk of 1 egg
1 cup oil
1 tablespoon vinegar or lemon juice
½ teaspoon mustard

Mix the yolk of egg and dry ingredients thoroughly in a bowl. Beat in the oil drop by drop, and when mixture begins to thicken, add a little vinegar or lemon juice. Add oil and vinegar alternately until all has been used.

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Thousand Island Dressing

Make a mayonnaise as above, beating it until it is very stiff. Add slowly ½ cup chili sauce. Chop two small onions, 3 hard-boiled eggs, 2 pimentos, and ½ green pepper. Add pepper and salt to taste, and mix all with mayonnaise. If carefully covered and kept in a cool place, this dressing will remain good for a long time.

Russian Dressing

To 1 cup stiff mayonnaise add slowly an equal quantity of chili sauce, beating the mixture thoroughly. This dressing must be served at once.

Chowchow Dressing

Into 1 cup mayonnaise stir a large dill pickle cut into small pieces. In the mayonnaise, double the quantity of mustard.

Tango Dressing

½ cup mayonnaise
¼ cup olive oil
1 teaspoon vinegar
¼ teaspoon salt
¼ teaspoon mustard
½ teaspoon paprika
¼ cup chili sauce
Pimentos cut in shreds

Mix all the ingredients except the mayonnaise and pimentos until they are well blended, then beat the mixture, a teaspoonful at a time, into the mayonnaise. Pour the dressing over the salad, then sprinkle the whole with pimentos. See Tango salad, page 21.

Frozen Mayonnaise Dressing

Yolks of 2 eggs
2½ teaspoons salt
1 cup olive oil
¼ teaspoon pepper
2 tablespoons lemon juice
1 cup grated ripe tomato

Drop the yolks of the eggs into a bowl, and add lemon

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juice, pepper, and one-half the salt, mixing thoroughly. Add slowly a half-cup of oil. Now add the remainder of the salt and oil, mixing well. Add the grated tomato. Place mixture in an ice-cream freezer, pack, and allow dressing to remain until it hardens. Serve over crisp lettuce leaves.

Potato Mayonnaise Dressing

1 small baked Irish potato
1 teaspoon mustard
1 teaspoon powdered sugar
2 tablespoons vinegar
¾ cup olive oil
1 teaspoon salt

Remove and mash potato pulp. Add mustard, sugar, salt, and 1 tablespoon vinegar, rubbing mixture through a sieve. Add gradually oil and remaining vinegar, beating constantly.

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COOKED SALAD DRESSINGS

Boston Dressing

¼ teaspoon salt
1 teaspoon mustard
1½ tablespoons sugar
1½ tablespoons flour
Pepper
Yolks of 2 eggs
1½ tablespoons melted butter
¾ cup milk
¼ cup vinegar

Mix the dry ingredients, and add well-beaten yolks of eggs, butter, milk, and vinegar very slowly. Cook over boiling water until mixture thickens. Cool.

Economical Cooked Dressing

1 cup milk
1 egg
1 tablespoon flour
1 teaspoon salt
3 teaspoons sugar
1 teaspoon dry mustard
½ cup vinegar
¾ cup oil
Pepper

Moisten the flour with cold water and add the milk, which has been heated. Stir in the sugar, mustard, pepper, and well-beaten egg. Cook until mixture thickens, then gradually add the vinegar. Remove dressing from fire, and when it is cool, add the oil slowly, beating well.

Geneo Dressing

1 egg
1 teaspoon mustard
1 tablespoon cornstarch or flour
½ teaspoon salt
½ teaspoon pepper
1 tablespoon butter or salad oil
½ cup vinegar
1 cup sweet milk

Beat the egg, and add the mustard, cornstarch, salt, and pepper. Heat the milk and pour it over the foregoing mixture, cook until thick, remove from fire, and add butter and vinegar. Beat until mixture is well blended.

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SALADS

VEGETABLE SALADS

Lettuce Salad

Lettuce may be served as salad in various combinations. Cut red or green sweet peppers into thin pieces and sprinkle them over the lettuce leaves. Make small balls of cream cheese and use them on the lettuce leaves. Chop a hard-boiled egg and a boiled beet together and scatter them over lettuce leaves. Slice red and white onions and arrange them on leaves. Tiny white onions make an excellent addition to lettuce salad.

If heads of lettuce are quartered or halved, they will hold the dressing better than if the leaves are separated.

Lettuce Beet Salad

Arrange crisp green lettuce leaves on a dish, and in the center of each leaf place one beet (fresh boiled or canned). Around the beet put mayonnaise.

Asparagus Salad

Cut rings from red peppers one-third inch wide, and place three stalks of asparagus in each ring. Arrange them on lettuce leaves and serve with French dressing.

Tomato Salad

Peel large, firm tomatoes and scoop out the contents. Mix shredded cabbage and celery hashed very fine with

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mayonnaise dressing, a little salt, and paprika, and fill tomatoes with the mixture. Chill thoroughly, and garnish with a little mayonnaise on top of the tomato, if desired.

Combination Salad

1 cup cold diced potatoes
1 cup cold diced carrots
1 cup cold canned peas
¼ cup vinegar diluted with 2 tablespoons water

Mix the potatoes, carrots, and peas, and pour over them the diluted vinegar. Let the mixture stand for 1 hour, stirring it occasionally. Arrange salad on lettuce leaves and serve with French dressing.

Salad in Pepper Cups

Make a salad of equal parts of apple and celery mixed with plain mayonnaise. Cut the tops from sweet green peppers, and remove the seams and seeds. Fill the peppers with the celery and apple salad, and garnish the top with bits of red pepper if desired.

Beet Salad

Slice cold boiled beets and cut into thin strips. Line a bowl with white crisp lettuce, heap the beets in the center, and pour over them mayonnaise dressing just before serving.

Water Cress and Cucumber Salad

Prepare water cress and add one cucumber pared, chilled, and cut in small dice. Serve with French dressing.

Celery and Cabbage Salad

Select small, solid white cabbage and remove outside leaves, cutting off stalk close to leaves. Cut out center and

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shred it finely. Let it stand 1 hour in cold or ice water. Drain well. Mix the shredded cabbage with equal parts of chopped celery. Moisten the mixture with mayonnaise dressing and refill cabbage. Garnish the salad with celery tips.

Slaw

1 small head of cabbage
Yolks of 2 eggs
½ cup white sugar
1 teaspoon mustard
½ teaspoon salt
½ cup vinegar

For the dressing mix the yolks of eggs with the dry ingredients in the order named. Add the vinegar, and cook the mixture in a double boiler until it begins to thicken. Then pour it over the finely chopped cabbage.

Irish Potato Salad

12 medium-size potatoes
4 hard-boiled eggs
1 onion (large)
1 teaspoon mustard
Oil
Vinegar
1 teaspoon salt
⅓ teaspoon pepper
Tabasco sauce

Mash the yolks of eggs with 1 level teaspoon of dry mustard. Smooth out all lumps, and add enough olive or salad oil to make a thick paste. Thin it down to the consistency of cream with vinegar, and add the salt, black or white pepper, and a dash or two of tabasco sauce. Chop the white of 2 eggs very fine. Peel and chop onion very fine. Add the chopped egg and onion to the dressing, and mix all thoroughly, adding the dressing to the potatoes, which should be sliced about ¼ inch thick. Garnish with sliced whites of hard-boiled eggs and parsley.

This recipe will serve 8 or 10 persons.

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MEAT AND FISH SALADS

Almost any cold meat or fish makes a good luncheon salad. The following general rules apply to all.

The meat or fish is always cut (never chopped) into small pieces. The dressing is usually mayonnaise or one of the boiled dressings, and is always served on lettuce or fine cabbage leaves.

Fish Salad

2 cups cooked fish
1 cup celery
¼ cup French dressing
1 cup mayonnaise dressing

Marinate fish in French dressing. When it is ready to serve, drain it, mix with chopped celery, and add mayonnaise dressing. Serve on lettuce leaves.

Tuna Fish Salad

1 can tuna fish
¼ cup chopped celery
6 stuffed olives
1 tomato
1 head lettuce

Flake the fish, and cut the tomato into small pieces. Mix these two ingredients, place salad on lettuce leaves, and serve with mayonnaise.

Oyster Salad

1 quart oysters
1 pint celery
⅓ cup mayonnaise dressing
3 tablespoons vinegar
1 tablespoon oil
1 tablespoon salt
1 tablespoon lemon juice
1 tablespoon pepper

Let the oysters come to a boil in their own liquor. Skim well and drain oysters, and season them with oil, salt, pepper,

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vinegar, and lemon juice. Cool them in the ice chest for 2 hours. When ready to serve salad, add the chopped celery and one-half of the mayonnaise to the oysters. Arrange salad in the dish, pour over it the remaining dressing, and garnish with white celery leaves.

Tongue Salad

Boil until it is tender one large tongue in water to which has been added ½ cup vinegar. Peel tongue, remove all fat and gristle, put meat through meat-grinder, and when it is cold serve it with the following dressing.

DRESSING

3 eggs	1 tablespoon flour
1 teaspoon salt	1 cup sweet milk
1 teaspoon sugar	1 cup chopped pecans
Dash of red pepper	¾ cup chopped apples
1 tablespoon butter	1 cup finely chopped celery

Mix the yolks of the eggs, well beaten, with the salt, sugar, red pepper, the butter blended with the flour, and the milk, and cook mixture in a double boiler, stirring until it is the consistency of cream. Remove it from the fire, and when mixture is cold, add the beaten whites of eggs, the pecans, apples, and celery.

Chicken Salad

From cold roasted or boiled chicken remove the skin, fat, and bones. Place the meat on a board and cut it into dice. To 2 quarts of diced chicken add the following seasonings: 4 tablespoons vinegar, 2 tablespoons oil, 1 teaspoon salt, and ½ teaspoon pepper. Set the chicken away in a cool place for 2 or 3 hours. Scrape and wash enough

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of tender white celery to make 1 quart. Cut this with a sharp knife or scissors into pieces about ½ inch thick. Place them on ice until serving time.

Make a mayonnaise dressing, mix the chicken and celery together, and add half of the dressing. Arrange salad in a bowl and pour over it the remaining dressing. Garnish with white celery leaves.

NOTE. If, when the chicken is cooked, it is allowed to cool in the water in which it is boiled, it will be juicier and more tender than if taken from the water as soon as done.

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MOLDED AND JELLIED SALADS

Chicken Salad in Jelly

2 teaspoons gelatin
½ cup cold water
½ cup vinegar
1 pint boiling water
1 teaspoon salt
1 cup chopped pecans
Juice of 1 lemon
1 can boned chicken
1 cup chopped green peppers
2 pimentos cut fine
2 cups diced celery

Let gelatin soak 5 minutes in the cold water, then add the vinegar, lemon juice, boiling water, and salt. Strain, and let mixture begin to set. When it is half jellied, add the chicken, chopped fine, the peppers, pimentos, celery, and nuts, mixing all thoroughly in the gelatin. Pour mixture into molds, and when they are set, serve salad on lettuce leaves with mayonnaise.

Tomato Jelly Salad

1 envelope granulated gelatin
½ cup cold water
3½ cups canned tomatoes
1 stalk celery
2 cloves
2 tablespoons vinegar
Salt and pepper
½ onion

Soak gelatin in cold water 5 minutes. Mix the remaining ingredients, except the vinegar, bring them to the boiling point, and let them boil 10 minutes. Add vinegar and soaked gelatin, and when gelatin has thoroughly dissolved, strain the mixture. Dip molds in cold water before pouring in the mixture. Remove the salad from the molds when it is cold, and serve it on crisp lettuce leaves with mayonnaise dressing.

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Tomato Jelly with Cheese

Use the recipe for tomato jelly, strain it into cups, and chill. Run a knife around inside of cups so that when the molds are taken out the shapes may have a rough surface suggesting fresh tomatoes. Remove molds from cups, cut them in halves crosswise, and put them between slices of the following cheese mixture. Arrange salad on lettuce leaves. Fresh tomatoes may be used in place of tomato jelly.

CHEESE MIXTURE

1 teaspoon granulated gelatin
1 small cream cheese
1 tablespoon heavy cream
¼ teaspoon salt
2 drops tabasco sauce
Pepper
Paprika
1 teaspoon cold water
1 teaspoon boiling water
⅓ teaspoon Worcestershire sauce

Mash cheese, and add cream, salt, Worcestershire sauce, tabasco sauce, pepper, and paprika. Then add gelatin soaked in cold water and dissolved in boiling water. Mold, chill, and cut the mixture in slices. Pimento cheese as purchased in the market may be used as a substitute for the above filling.

Frozen Tomato Salad

1 quart strained tomatoes
1 tablespoon sugar
⅓ box gelatin
Salt and pepper

Mash and strain the tomatoes, add the sugar, and salt and pepper to taste. Dissolve the gelatin in a little cold water, and add it to the tomato mixture. Freeze, and serve with mayonnaise on lettuce leaves.

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Jellied Beet Salad

1 tablespoon gelatin
2 tablespoons cold water
½ cup boiling water
2 tablespoons vinegar
¼ teaspoon salt
⅛ teaspoon paprika
1 tablespoon sugar
¾ cup diced cooked beets

Soften gelatin in cold water, add boiling water, seasoning, and beets. Pour mixture into molds to set. Remove salad from molds, and serve on lettuce leaves with mayonnaise.

Spanish Molded Salad

1 package lemon gelatin
1 pint boiling water
1 tablespoon vinegar
1 cup finely shredded cabbage
1 cup finely chopped celery
½ cup chopped pickle
⅓ small can pimentos
Salt to taste

Dissolve the gelatin in the water and vinegar. Mix all the other ingredients, and when the gelatin has cooled and begun to set, add the vegetable mixture, pour into molds or cups, and set in a cool place until the mixture is hard. Remove from molds, and serve on lettuce leaves with mayonnaise.

Jellied Potato Salad

1 quart cold boiled potatoes
1 package gelatin
1 pint boiling water
Salt and pepper

Cut the potatoes into cubes, and season them to taste with salt and pepper. Coat molds or cups lightly with the gelatin, which has been dissolved in the boiling water. Put into the coated molds the potatoes, garnish with slices of pimentos, and pour over them enough of the gelatin to fill the molds. When salad is firm, turn it out on lettuce leaves, and serve with dressing.

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Tuna Fish Salad

½ envelope granulated gelatin
¼ cup cold water
1 cup tuna fish
½ cup chopped celery
½ cup green pepper (chopped fine)
¾ cup boiled salad dressing
2 tablespoons chopped olives
½ teaspoon salt
¼ teaspoon paprika
2 teaspoons vinegar
Pepper

Soak the gelatin in cold water 5 minutes, and add it to the hot boiled salad dressing. Cool dressing, and add tuna fish, separated into flakes, celery, pepper, olives, salt, paprika, and vinegar. Pour the mixture into molds first dipped in cold water, and allow it to remain in the molds until hard. Remove the salad from the molds, and serve it on crisp lettuce leaves garnished with strips of green peppers or pimentos.

Salmon Mold

1 envelope granulated gelatin
2 tablespoons water
Yolks of 2 eggs
2 teaspoons salt
1 teaspoon mustard
Pepper
1½ tablespoons melted butter
¾ cup milk
2 tablespoons vinegar
1 can salmon

Soak gelatin in cold water 5 minutes. Mix yolks of eggs, slightly beaten, with salt, mustard, and pepper, then add butter, milk, and vinegar. Cook mixture in double boiler until thick, stirring constantly. Add soaked gelatin, and salmon separated into flakes. Pour the mixture into molds, chill until hard, and serve the molds on crisp lettuce leaves.

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Grapefruit Salad

2 grapefruit
2 tablespoons sugar
1 package lemon gelatin
½ pint boiling water

Cut the grapefruit in halves, and remove pulp, separating membrane from pulp over a strainer and leaving the pulp in large pieces. Sprinkle fruit with sugar and let it drain thoroughly. Dissolve the gelatin in the water. When it is cool, add the grapefruit juice, to which enough water has been added to make ½ pint. Turn the liquid into a shallow pan, allow it to harden, and cut it into cubes. Serve the cubes and the pieces of grapefruit together either in scalloped halves of the grapefruit rind or on lettuce leaves with French or mayonnaise dressing.

Beauty Salad

1 package raspberry gelatin
1 pint boiling water
3 bananas
Lemon juice
½ cup nut meats

Dissolve the gelatin in the boiling water, and fill individual molds or cups one-fourth full. Chop the bananas, sprinkle them with a little lemon juice, and add the nuts coarsely chopped. Put a layer of the mixture in the molds, and pour over it the remainder of the gelatin. When salad is molded, remove it from molds, and arrange it on lettuce leaf with slices of banana as a garnish. Serve with any of the dressings.

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FRUIT SALADS

Tango Salad

Cut ripe or canned pears in halves, set a ball of cream cheese or other cheese in the cavity in the center of each half, and serve on lettuce leaves with Tango salad dressing (page 7).

Waldorf Salad

2 cups hard tart apples (chopped) 1 cup finely cut celery
1 cup chopped English walnuts

Mix these ingredients with French or mayonnaise dressing.

Combination Fruit Salad

1 grapefruit
2 oranges
1 banana
½ cup sugar

Pare the oranges and grapefruit and remove the pulp in sections. Slice the bananas. Mix the fruit with the sugar, and allow it to stand 30 minutes. Arrange salad on lettuce leaves, and serve with mayonnaise dressing.

Banana Salad

Slice bananas through the center lengthwise. Spread the slices out on lettuce leaves, and sprinkle them with nuts or peanuts. Serve with dressing.

Orange and Peanut Salad

1 banana
2 oranges
½ cup peanuts

Remove skin from bananas and cut them in quarters or eighths. Roll them in the finely chopped peanuts. Pare oranges and cut them in slices crosswise. Arrange the two fruits on lettuce leaves, and serve with French dressing.

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Date and Nut Salad

2 cups dates
2 cups celery
½ cup nuts

Stone the dates and cut them in small pieces. Chop celery and nuts. Mix all the ingredients with mayonnaise, and serve on lettuce leaves.

Pear and Celery Salad

Cut halves of pears in three pieces, allowing one-half pear for each serving. Arrange the fruit on lettuce leaves, sprinkle chopped celery and dressing over it, and garnish with pimentos.

Pineapple and Celery Salad

1 small can sliced pineapple
Celery

Drain pineapple. Arrange one slice on a crisp lettuce leaf for each serving. Have celery crisp and cut in thin, matchlike pieces. Toss these in mayonnaise, and heap them on the pineapple. This salad may be varied by mixing equal parts of sliced pineapple, bananas, and celery.

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MISCELLANEOUS SALADS

Daisy Salad

This is simply hard-boiled egg salad served in a novel and attractive form. Boil one egg for each person to be served. When eggs are cold, halve them carefully and remove the yolks. Crumble the yolks and mix them with an equal quantity of mayonnaise. Arrange lettuce leaves on individual plates, and place in the center of each a round spoonful of the yolks. Surround this with a circle of the whites of the egg cut into slender strips to imitate the petals of daisies.

Pimento and Olive Salad

1 can pimentos
½ cup diced celery
½ tablespoon grated onion
¾ cup chopped olives

Drain and rinse pimentos, dry them, and cut them into small pieces. Add the celery, olives, and grated onion. Mix well, and serve on crisp lettuce leaves with mayonnaise dressing.

Cottage-Cheese Salad

Mash cottage cheese until it is smooth, adding a little milk to moisten it. Chop onion, parsley, and pimentos very fine, mix them with the cheese, add salad dressing, and serve on lettuce leaves.

Macaroni Salad

Boil the contents of a package of macaroni in salted water until it is tender; then rinse it with cold water and drain. Cut macaroni into short lengths, and arrange it on lettuce leaves, garnish with parsley, and serve with boiled dressing.

To make this salad more attractive, place the pieces of cooked macaroni in a jar of vinegar in which boiled beets have been pickled, and let them remain until colored a pretty pink.

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Shamrock Salad

½ cup cottage or cream cheese
Dash of paprika
1 green pepper
Pepper and salt

Mash the cottage cheese well, and season it with paprika, pepper, and salt to taste. Press the mixture very firmly into the green pepper, from which all seeds and white membrane have been removed. Cool for 1 hour. Slice crosswise in quarter-inch slices, and serve on crisp lettuce leaves with French or mayonnaise dressing.

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